

Video Transcript

SMART Goals Quick Overview with 21 SMART Goals Examples by

What are Smart goals? A quick overview with 21 examples.

What do you really want from life? We all dreams and aspirations. Many of us long for fulfilling relationships, some desire personal freedom, others want fame and success, and some strive for a profitable business or career. Wherever your ambitions may lie, goal setting can get you there. On the other hand, the wrong goal can leave you feeling frustrated and unmotivated. The trick is to create the right kind of goal and commit to it. One technique that can help is the SMART Goals concept. So, in this video, I will provide a quick overview of SMART goals. Now be sure to watch this video all the way to the end, because I will also give you a free tool to get started with SMART goal setting.

What are SMART goals? The SMART goal acronym stands for specific, measurable, attainable, relevant, and time-bound. Here's a breakdown of each letter.

S = Specific. Specific goals answer your six "W" questions: who, what, where, when, which and why. When you have identified each element, you will know which tools and actions are required to reach a goal. Who is involved? What do you want to accomplish? Where will you complete the goal? When do you want to do it? Which requirements and constraints might get in your way? Why are you doing it? Specificity is important because when you reach these milestones you will know for certain you have achieved your goal.

M = Measurable. Measurable goals are defined with precise times, amounts, or other units. Essentially any thing that measures progress toward a goal. Creating measurable goals makes it easy to determine if you have progressed from point A to point B. Measurable goals also help you figure out when you are headed in the right direction and when you are not. Generally speaking, a measurable goal answers questions starting with "how," as in how much, how many, and how fast.

A = Attainable. Attainable goals stretch the limits of what you think is possible. While they are not impossible to complete they are often challenging and full of obstacles. The key to creating an attainable goal is to look at your current life and set an objective that seems slightly beyond your current reach. That way, even if you fail, you still accomplish something of significance.

R = Relevant. Relevant goals focus on what you truly desire. They are the exact opposite of inconsistent or scattered goals. They are at harmony with everything that is important in your life, from success in your career, to happiness with the people you love.

T = Time-bound. Time-bound goals have specific deadlines. You are expected to achieve your desired outcome before a specific date. Time-bound goals are challenging and grounded. The key to setting a time-bound goal is to set a deadline you will meet by working backward and developing habits.

SMART Goals are clear and well defined. There is no doubt about the result you want to achieve. At its deadline you will know if you have or have not achieved a particular goal. The best way to illustrate this concept is to show how you would write a SMART goal. So, in the next part of this video, we will provide three examples from seven different areas of your life, for a total of twenty-one examples. One thing, the following goal examples are a mix of process and outcome goals. So, if you would like to learn more then be sure to watch our video that explains the difference between these two types of goals.

SMART career goals. Goals are an important part of building a successful career or business, whether it's improving a work-specific skill or focusing on outcomes that expand your business, you want to set challenging milestones that stretch the limit of what you think is possible. Here are three SMART career goals you can set.

1. Acquire new clients. "I will acquire five new projects for my web design consultancy through referrals, networking, and social media marketing campaigns within two months.
2. Improve job performance. "I will redo my company's website design by May 1st. This will be done by finding the right graphic designer and web programmer, then using their skills to create a dynamic visual presentation."
3. Increase profits. "I will increase profits by 20% this year by acquiring 2 new clients each week, finishing projects 10% faster and cutting \$1000 per month in expenditures."

SMART finance goals. The finance category includes a number of important areas of your life: saving for retirement, buying your dream home, planning a vacation, or even becoming financially independent. Here are three SMART finance goals you can set.

1. Regular savings. "For the next year, I will save 20% of every paycheck and invest it in my index funds through my 401K."
2. Living within a budget. "I will create a budget of \$4000 every month. Then I'll tack every expense and make sure I'm spending less than this amount."

3. Eliminate credit card debt. "I will pay the outstanding balance of \$5000 on my credit cards in installments and become totally debt free in three years. This will be done by asking each credit card company to reduce my APR. Then I'll systematically pay off the cards with the highest interest rates down to the lowest interest rates."

SMART health goals. This area focuses on building a healthy life style. Your goals might include weight control, following a diet, or becoming more physically active. Here are three SMART health goals you can set.

1. Eat more vegetables and fruits. "I will eat a minimum of five servings of fruits and vegetables daily by March 31 by mapping out my meals each week, going shopping twice a week, and eating one to two servings per meal."
2. Get regular exercise. "I will work out a minimum of 30 minutes per day, three days per week by December 31."
3. Healthy habits. "By June 15, I will drink 64 ounces (or 2 liters) of water at work every day. I will do this by setting a reminder at night to fill up my bottles and take them with me when I leave for work in them morning."

SMART relationship goals. You can set goals to improve relationships with your significant other, family members and friends. These goals might focus on your relationship with one person or your relationship with an entire group of people. Here are three SMART relationship goals you can set.

1. Express love to my spouse. "I will identify three things I really love about my partner and tell her about them on Friday night. This will be done by scheduling a 30-minute block on Tuesday so I can reminisce about all the good times we've shared together."
2. Spend quality time with your family. "I will strengthen my bond with my family by taking them for a vacation at least once in six months. This will be accomplished by setting aside an hour each month during my weekly review session and planning out future trips ideas."
3. Strengthen friendships. "Each month, I will plan and coordinate one activity with my closest friends. This task will also be completed during my weekly review session."

SMART Leisure goals. Leisure activities are as significant as your career or health. You might choose to reserve moments for exclusive "me" time or you can spend some time with your family friends for relaxation. Some potential leisure activities include travel, adventure, and learning new hobbies such as dance, music, cooking, or painting. Here are three SMART leisure goals you can set.

1. Family fun. "I will enjoy the Maid of the Mist boat ride in Niagara Falls with my family on August 31st. On Saturday (March 1), I will spend two hours planning this trip and making all the necessary reservations."
2. Learn new skills. "I will learn rock climbing this summer and climb a simple class 4 at Yosemite. This will be accomplished by joining the local climbing class that meets on Saturdays during the wintertime. Then I'll join a week-long course in the summer to exponentially develop my climbing skills."
3. Outdoor activities. "I will spend at least one hour outdoors every day tending my garden, jogging, or power walking. This will be done by blocking out an hour for each day during my weekly review and setting a daily reminder to get outdoors."

SMART personal growth goals. The purpose of a personal growth goal is to improve your character, skill, and mindset when it comes to your success in life. Your aim here is to get a little better every day. Here are three SMART personal growth goals you can set.

1. Self-education. "I will read one book every two weeks, for the entire calendar year. Some of this reading will be accomplished during my morning routine."
2. Getting up early. "For the next three months I will get up 30 minutes early so I can build a morning routine."
3. Build a morning routine. "For the next three months, I will pick five important habits that will be added to my new morning routine and complete this routine every morning." Side note, if you want to learn more about this concept then be sure to check out our video on the twelve good morning routine habits of the world's most successful people.

SMART spirituality goals. For many people, spiritual well-being is as important as their physical or mental health. The word spirituality takes on a different meaning for each of us. It could include activities like meditation, prayer, yoga, or anything else that helps you experience peace of mind. Here are three SMART spirituality goals you can set.

1. Meditate regularly. "I will meditate for 10 minutes each morning. This habit will be developed by setting an alert for 7:20 a.m. using the alarm app on my phone."
2. Being thankful. "I will take five minutes each day to give thanks for everything that's good in my life. I will develop this habit by setting aside time right before my lunch to remember what's important."
3. Prayer. "I will set aside 10 minutes each day and pray to God. This habit will be added to my night time routine right before I go to sleep."

Now, in the introduction I promised a free tool to help with goal setting. On our blog we have a free tool you can use, just print it out and use it to track your goals. The link to this template is in the description box of this video.

Next, if you want to take action on these SMART goals then I recommend turning each one into a daily habit. To learn how to do this, check out our video on the 9 step process for building a habit that sticks. Again, this link is in the description box.

Finally, we talk a lot about success habits to level up your life on this channel so be sure to like this video then hit the subscribe button and notification bell if you want to see more content like this in the future.

Thanks for watching, and be sure to stick around to watch the next video in our channel.